# Lose It

**拍數:** 32 **牆數:** 2 **級數:** Improver
**編舞者:** God Bless Country Music - July 2019
**音樂:** Lose It - Kane Brown : (Album: Experiment)

**Intro : 16 Count**

**[1 – 8] STEP, TOUCH, BACK, KICK, COASTER STEP, SCUFF,STEP LOCK STEP, SCUFF, STEP TURN STEP, SCUFF,**

| | |
|---|---|
| 1&2& | RF Fwd, Touch LF behind RF, LF Back, Kick RF, |
| 3&4& | RF Back, LF beside RF, RF Fwd, Scuff LF, |
| 5&6& | LF Fwd, Lock RF behind LF, LF Fwd, Scuff RF, |
| 7&8& | RF Fwd, ½ Turn Left, RF Fwd, Scuff LF, |

**[9 – 16] VAUDEVILLE LEFT & RIGHT, STEP LOCK STEP, SCUFF, STEP, ¼ TURN,**

| | |
|---|---|
| 1&2& | Cross LF over RF, RF to R, Left Heel diag L, LF beside RF, |
| 3&4& | Cross RF over LF, LF to L, Right Heel diag R, RF beside LF, |
| 5 - 8 | LF Fwd, Lock RF Back LF, LF Fwd, Scuff RF, RF Fwd, ¼ to L |

**[17 – 24] SWITCH HEEL, SWITCH POINT, TOUCH, POINT, BEHIND SIDE CROSS**

| | |
|---|---|
| 1&2& | Right Heel Fwd, RF beside LF, Left Heel Fwd, LF beside RF, |
| 3 & 4 | Point RF to R, RF beside LF, Point LF to L, |
| 5 - 8 | Touch LF beside RF, Point LF to L, Cross LF behind RF, RF to R, Cross LF over RF, |

**[25 – 32] ROCK STEP, ¼ TRIPLE SIDE, CROSS ROCK, TRIPLE SIDE,**

| | |
|---|---|
| 1 - 4 | RF Fwd LF, Recover on LF, ¼ to R RF to R, LF beside RF, RF to R, |
| 5 - 8 | Cross LF Fwd RF, Recover on RF, LF to L, RF beside LF, LF to L, |

**TAG # 1 HERE AFTER THE FIRST WALL**
**TAG # 2 HERE AFTER THE SECOND WALL**
**TAG # 2 + TAG # 1 + TAG # 3 HER AFTER THE FOURTH WALL**
**TAG # 2 + TAG # 2 HERE AFTER THE FIFTH WALL**

**TAG # 1 : 8 COUNT**
**[1 – 8] SYNCOPATED WEAVE, TRIPLE CROSS, SIDE ROCK, BEHIND, UNWIND ½ LEFT.**

| | |
|---|---|
| 1&2& | Cross RF over LF, LF to L, Cross RF behind LF, LF to L, |
| 3 & 4 | Cross RF over LF, LF to L, Cross RF over LF, |
| 5 - 8 | LF to L, Recover on RF, Cross LF behind RF, ½ Tour to L, |

**TAG # 2 : 16 COUNT**
**[1 – 8] STEP TURN, TRIPLE FWD, KICK BALL STEP, KICK BALL STEP,**

| | |
|---|---|
| 1 - 4 | RF Fwd, ½ Turn L, RF Fwd, LF beside RF, RF Fwd, |
| 5 & 6 | Kick LF, LF beside RF, RF Fwd, |
| 7 & 8 | Kick LF, LF beside RF, RF Fwd, |

**[9 – 16] STEP TURN, TRIPLE FWD, HEEL BALL STEP, HEEL BALL STEP,**

| | |
|---|---|
| 1 - 4 | LF Fwd, ½ Turn L, LF Fwd, RF beside LF, LF Fwd, |
| 5 & 6 | Right Heel Fwd, RF beside LF, LF Fwd, |
| 7 & 8 | Right Heel Fwd, RF beside LF, LF Fwd, |

**TAG # 3 : 8 COUNT**
**[1 – 8] STEP, ¼ TURN, STEP, ¼ TURN, JAZZ BOX,**

| | |
|---|---|
| 1 - 4 | RF Fwd LF, ¼ Turn L, RF Fwd, ¼ Turn L, |

5 - 8 Cross RF over LF, LF Back, RF to R, LF Fwd.